



**PYLE
ADULT
RECREATION
CENTER**

655 E. Southern Ave.
Tempe, AZ 85282

www.tempe.gov/pyle

(480)350-5211
TTY: (480)350-5050

HOURS
Mon-Thu 8am-9pm
Fri 8am-5pm
Sat 9am-4pm
Sun Closed



Roadrunner Chronicle

PYLE EDITION

SEPTEMBER 2023



Viva México!

***Celebrate Mexican Independence Day
Thursday, September 21, 11:30 a.m.***

***ENJOY BEEF & CHICKEN STREET TACOS, SPANISH RICE,
MEXICAN STREET CORN WITH CHIPS AND A FIESTA
DESSERT while listening to Spanish
& Mariachi favorites!***

RTA \$6, Non-members \$7 Code: 78710

Pyle Special Events



August Birthdays:

Lula Vomhoff, Louise
Dickson, Gloria Flores

Thursday special events start at **11:30 a.m.** unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the Front Desk.

- 9/7** Birthday Bingo - Celebrate September Birthdays! BYO lunch, enjoy cake & ice cream, then play Bingo for some fun prizes. RTA \$2; Non-members \$3. Code: 78688
- 9/14** Brown Bag with Dessert - Devoted Health - Musical Bingo \$1 dessert included. See page 7 for details. Code: 78692
- 9/21** Mexican Independence Day Lunch Event - RTA \$6; Non-members \$7. See page 1 for details. Code: 78710
- 9/28** Brown Bag with Dessert - Kim Rosenlof - Seed harvesting and storage \$1 dessert included. See page 7 for details. Code: 78693

DFT Presents Memory Café at Pyle Adult Center!

Presented by Dementia Friendly Tempe, **Memory Café is Moving to Pyle!** Memory Café provides a social and resource space for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. **Join us in person on the first, second, third and fourth Mondays of each month** (closed major holidays). Doors open at 9:30 am for coffee, treats, and time to connect with friends. Programs for caregivers and their loved ones are hosted from 10:00 am-11:15 am. Contact 480-594-7442 for information.

Pyle Tuesday Lunch



**COLOR, CREATE
& CONVERSE
WITH FRIENDS**

**Tuesdays
9:30-11:00 am
Free**

On Tuesdays, join your friends for a simple, low-cost lunch.

Registration is limited. Please sign up at the Pyle front desk by the Friday before. Sign-ups may also be done at the Cahill Senior Center.

PLEASE NOTE: Lunch is served at 11:30 a.m. Meals will not be held past 11:45 a.m.

RTA \$3; Non-member \$4

Due to supply chain issues, food substitutes may be necessary.

This month's menu:

- 9/5 - Spaghetti with Garlic Bread
Code: 78684
- 9/12 - Panini Sandwich, potato salad
Code: 78685
- 9/19 - Sloppy Joe and salad
Code: 78686
- 9/26 - Veggie quesadilla, chips & salsa
Code: 78687

ClipDart Free Haircuts!

Pyle will be offering FREE haircuts for Seniors **ages 55+** each month until at May 2024! The FREE haircuts will be provided by a company named ClipDart whose mission is to improve mental wellness through mobile hair professionals. If you are interested in making an appointment for a FREE haircut, please call the Pyle front desk!



ClipDart will provide one barber and one hairstylist per appointment. Come with clean hair; no wash included. Some walk-ins will be accommodated. **If you can't make your appointment, please call and cancel so someone else can get in.**

Thursday, September 7,
9:30 am-1 pm Code: 78608
&
Monday, September 18,
1:30-5:00 pm Code: 78582

A friendly reminder, all of our programs require pre-registration. Many of our programs have a limited number of participants. Please give a minimum of 24 hours notice of cancellation for a refund. Most senior programS open for registration on the first of each month.

Groups & Activities at Pyle

If you have an idea for an activity or group that is not listed, please stop by Pyle's Front Desk and share it!

Groups

BOOK CLUB

This month's meeting is available via ZOOM on September 29th, 9-11 a.m. This month's book: ***Flying Troutmans*** by Mariam Toews. Call the Pyle Front Desk to get on the Book Club list to receive the ZOOM link and Meeting ID.

COLOR & CONVERSATION

Tuesdays, 9:30-11 a.m.
Come and visit with friends while coloring. Books and markers are provided or bring your own.

CURRENT EVENTS DISCUSSION GROUP

Thursdays, 1-3p.m. Discuss current events, books, events, movies, etc. Meeting virtually and in-person.

MEN'S GROUP

Tuesdays, 1-3p.m.
Informal discussion just for guys.

NEEDLEWIELDERS

Tuesdays & Thursdays,
9 a.m.-1p.m. Create hand-crafted items for charity in a fun, social environment.

SEW SOCIAL

BYOP or Group Project:
Fridays, 12:30-4:30p.m.
Bring your own quilting, needlework, crochet or work on the group project.

Activities

LOONEY TOONERS KITCHEN BAND

Mondays, 9:30-11 a.m.

PYLE BLUEGRASS & FOLK JAM: (for 18+)

Mondays, 12-3p.m.
ALL players and listeners welcome.

CRIBBAGE

Mondays, 8:30 a.m.-12p.m.

PINOCHLE & GAMES

Tuesdays, 10 a.m.-3 p.m.

BINGO: (for 18+)

Wednesdays, 1p.m.
Card sales begin at 12:15p.m.
50¢ per card; 10 card limit.

PAINTING OPEN STUDIO

Wednesdays, 9a.m.-1p.m.
(NOT ON 09/20)
Fridays, 12:30-4:30p.m. For current and past participants of Pyle art classes.

PARTY BRIDGE

Thursdays, 8:30 a.m.-3p.m.

MAH JONGG

Thursdays, 1-4:30p.m.
(*intermediate / advanced)

SOCRATES CAFÉ

Saturdays, 2-3:30p.m.

Drop-In Classes at Pyle

Drop in to the following classes for \$5 per class during Session.

Chair Yoga: Tuesday, Wednesday or Friday 9:15 - 10:15am

Zumba: Friday, 10:40 - 11:35am

Zumba Toning: Monday, Wednesday or Friday, 8:15 - 9:10am

Beginning, Tap: Monday - 10:40 am, Thursday - 11:15am

Intermediate / Performance Tap: Thursday 9:10/10:10am

Line Dance Intermediate: 5-5:45pm

Seated Strength: Monday 9:30am



Senior Planet Technology Classes from AARP

Tuesdays & Thursdays
September 5-October 5
9:30 - 11:00 am

Intro to Digital Culture for iPads. By the end of this course, you'll use the internet to contact your lawmakers, learn about health-related topics, connect with others on and offline, and explore your interests and passions. You'll also learn best practices for staying safe online and using social media. Call Heather Hamilton to register at 602-920-3138 or email her at heather_hamilton@tempe.gov.

Windows Laptop Tech Support

New! Register to get help with Windows on your laptop (No Apple/Mac help). Must bring laptop! **FREE**



Friday, September 8
9:30-10:30 am
Code: 78691

Benefits Assistance Program By Appointment

Offered by the **Area Agency on Aging**, this program provides objective information about insurance and benefits to seniors.

A trained Benefits volunteer will be available by **appointment:**

Wednesday, September 6,
9:30-11:30 am

Monday, September 11,
9:30-11:30 am

Services include:

Assistance with organizing Medicare and Supplemental claims.
Assistance on Medicare Part D

prescription drug coverage. Information regarding HMOs, managed care, Medicare Supplement plans (Medigap), and options under Medicare. This is a free service.

Please call or stop by the front desk to make an appointment.

Fall Arts & Crafts Boutique

October 20, 9am-4pm &

October 21, 9am-3pm



Calling all Artisan Vendors!! Pyle's Fall Arts & Crafts Boutique is a two-day community event that gives artists and crafters an opportunity to sell their handiwork and gives the community a jump on their Christmas shopping! All items for sale must be hand-made by the vendor. Contact the Pyle front desk at 480-350-5211 for more details or email sara_johnson@tempe.gov to get on the email list.



Positive Momentum in Retirement: Group Offering Tools and Support For Active Retirees

Are you an active retiree wanting some tools and support for this life chapter? Cost is covered by most Medicare policies! To create a cohesive group, participants are asked to attend all 8 groups dates. To register, call 480-448-2929 or email info@momentumcc.net
Space limited to first 10 to register.

**Wednesdays for 8 Weeks,
September 20-November 8
3:15-4:30 (right after Bingo)**

**Facilitated by a Licensed
Therapist from Momentum
Counseling Center**

Pre-registration is REQUIRED for all programs



People of Pyle - Walter Frazer Jr.

Walter was born in West Germany in 1951. He moved to Arizona in the 1990's. Walter enjoys science fiction. He worked in retail for his career and is most proud of working for Fry's Electronics. The happiest moment of his life was retiring. The most important lesson Walter has learned in his life is to keep working towards your goals. The world event that Walter was most impacted by is 9-11.

Fall 2023 50+ Classes

Online Registration:
<https://apm.activecommunities.com/tempeopportunities>

**Fall
Classes
start on
September
11th**

Code	Name	Begins	Ends	Day(s)	Time	Length	Fee
77819	Ballroom Dance for 50+	11-Sep	11-Dec	M	6:30 PM	50m	\$78
78109	NEW! Beginning Progressive Ballet	11-Sep	11-Dec	M	5:30 PM	50m	\$78
77820	Bones and Balance	12-Sep	12-Dec	T	10:30 AM	45m	\$52
77821	Bones and Balance	15-Sep	15-Dec	F	10:30 AM	45m	\$48
77822	Bones and Balance II: Functional Fitness	13-Sep	13-Dec	W	10:30 AM	45m	\$52
77823	Bones and Balance II: Functional Fitness	11-Sep	11-Dec	M	10:30 AM	45m	\$52
77864	Bones and Balance II: Functional Fitness - Virtual	11-Sep	11-Dec	M	10:30 AM	45m	\$52
77906	Bones and Balance II: Functional Fitness- Virtual	13-Sep	13-Dec	W	10:30 AM	45m	\$52
77824	Chair Yoga	13-Sep	13-Dec	W	9:15 AM	1h	\$52
77825	Chair Yoga	15-Sep	15-Dec	F	9:15 AM	1h	\$48
77826	Chair Yoga	12-Sep	12-Dec	T	9:15 AM	1h	\$52
77827	Chair Yoga - Virtual	12-Sep	12-Dec	T	9:15 AM	1h	\$52
77828	Chair Yoga - Virtual	13-Sep	13-Dec	W	9:15 AM	1h	\$52
77829	Chair Yoga - Virtual	15-Sep	15-Dec	F	9:15 AM	1h	\$48
77831	Gentle Yoga	12-Sep	12-Dec	T	12:30 PM	1h	\$52
77832	Line Dance Beginning	14-Sep	14-Dec	TH	4:00 PM	45m	\$60
77833	Line Dance Intermediate	14-Sep	14-Dec	TH	5:00 PM	45m	\$60
77834	NEW! Mixed Media Dimensional Design	14-Sep	14-Dec	TH	10:00 AM	2h	\$91
77837	Oil (Acrylic accepted) Painting	11-Sep	11-Dec	M	10:00 AM	3h	\$104
77839	Seated Strength Training	11-Sep	11-Dec	M	9:30 AM	45m	\$52
77953	Seated Strength Training - Virtual	11-Sep	11-Dec	M	9:30 AM	45m	\$52
77860	Tai Chi/Body Balance I	11-Sep	11-Dec	M	12:00 PM	1h	\$52
77861	Tai Chi/Body Balance I	13-Sep	13-Dec	W	12:00 PM	1h	\$52
77862	Tai Chi/Body Balance II	11-Sep	11-Dec	M	1:05 PM	1h	\$52
77863	Tai Chi/Body Balance II	13-Sep	13-Dec	W	1:05 PM	1h	\$52
77840	Tap Dance; Beginning	11-Sep	14-Dec	M Th	10:40 AM	55m	\$108
77844	Tap Dance; Intermediate	12-Sep	14-Dec	Tu Th	9:10 AM	55m	\$108
77845	Tap Dance; Performance	12-Sep	14-Dec	Tu Th	10:10 AM	55m	\$108
77846	Toners & Shapers	22-Sep	15-Dec	F	9:30 AM	1h	\$55
77847	Toners & Shapers	11-Sep	11-Dec	M	9:30 AM	1h	\$60
77848	Toners & Shapers	13-Sep	13-Dec	W	9:30 AM	1h	\$60
77849	Watercolor Painting; Intermediate/Advanced	13-Sep	13-Dec	W	12:30 PM	3h	\$117
77858	Watercolor Painting; Intermediate/Advanced-Virtual	13-Sep	13-Dec	W	1:00 PM	2h	\$91
77850	Watercolor Painting; Introduction/Continuing	13-Sep	13-Dec	W	9:00 AM	3h	\$117
77851	Yoga Nidra Guided Meditation	11-Sep	11-Dec	M	11:45 AM	55m	\$52
77852	Yoga Nidra Guided Meditation - Virtual	11-Sep	11-Dec	M	11:45 AM	55m	\$52
77853	Zumba for 50+	12-Sep	12-Dec	T	11:10 AM	55m	\$65
77854	Zumba for 50+	15-Sep	15-Dec	F	10:40 AM	55m	\$55
77855	Zumba Toning	11-Sep	11-Dec	M	8:15 AM	55m	\$65
77856	Zumba Toning	15-Sep	15-Dec	F	8:15 AM	55m	\$55
77857	Zumba Toning	13-Sep	13-Dec	W	8:15 AM	55m	\$65

AARP Smart Driver Program - A Refresher Course in Safety and Skills

**September 16 and
December 2; 10 am to 2 pm**

Learn new driving techniques, rule of the road, defensive driving & how to minimize distractions. Trained volunteers instruct the AARP Smart Driver classroom course, our preeminent national older driver safety program, serving the 50+ population for more than 30 years. The course enables drivers to refresh their driving skills and understand how to adjust to age-related challenges. The course is intended to help drivers live more independently as they age and remain safe on today's roads. Since the program's inception in 1979, more than 15 million participants have completed the course. Materials are included. Completion of the course may entitle you to an auto insurance discount (check with your insurer). *Please call Mr. Leslie Ottjes at 480-788-9033 to register.*

Lunch & Learn: Nutrition with Arch Well

**Tuesday, September 12
11:30 am
Code: 78685**

Join Bharat Nepal, DNP as she discusses Basic Nutrition and Health Eating. Learn a simple to follow and easy to understand approach to gaining more energy, feeling better, and living healthier.

Brown Bag Series:

*Room opens at 11:15 am, Presentation begins at 11:30 am
Fee: \$1 (Dessert and speaker included in fee)*

September 14 Code: 78692

Devoted Health: Join us for Musical Bingo with music from the 1950's and 60's

September 28 Code: 78693

Master Gardener and Tempe Garden Club Treasurer Kim Rosenlof will present "Seed Harvesting and Storage". The presentation will include what, why and how to grow various edibles and flowers for seed harvesting, plus tips for saving and storing seeds.

Apple Iphone and Ipad Tech Time Co-Op



Calling beginners & seasoned techies! Sign up to receive or give help operating iphones and ipads. Ask a tech question or offer answers and experience. Participants will be together during the session to learn from each other. Please note, new phone set up is not available. This activity is free.

**Friday,
September 1
9:30-10:30 am
Code: 78744**

**Wednesday,
September 13
9:30-10:30 am
Code: 78689**

Note: Volunteer Instructors specialize in Apple devices. We are looking for Android Experts!

Pyle September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

				<p>1 9:30am Tech Time (pg. 7) 12:30-4:30pm Sew Social 12:30pm Painting Open Studio</p>
<p>4 CLOSED</p> 	<p>5 9am-1pm Needlewielders 9:30-11am Color & Convo 10am-3pm Pinochle 11:30am \$3 Lunch (pg. 2) 1-3pm Men's Group</p>	<p>6 9am-1pm Painting Open Studio 9:30am Benefits Assistance (pg. 4) 1pm BINGO</p>	<p>7 8:30am-1pm Party Bridge 9am-1pm Needlewielders 9:30am-1pm Clip Dart 11:30 Birthday Bingo 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg</p>	<p>8 9:30-10:30am Windows Laptop Tech Support (pg. 4) 12:30-4:30pm Sew Social 12:30pm Painting Open Studio</p>
<p>11 8:30am-12pm Cribbage 9:30am Benefits Assistance (pg. 4) 9:30-11am Looney Tooner Kitchen Band 12-3:00pm Pyle Bluegrass Folk Jam</p>	<p>12 9am-1pm Needlewielders 9:30-11am Color & Convo 10am-3pm Pinochle 11:30am \$3 Lunch (pg. 2) 1-3pm Men's Group</p>	<p>13 9am-1pm Painting Open Studio 9:30am Tech Time (pg. 7) 1pm BINGO</p>	<p>14 8:30am-1pm Party Bridge 9am-1pm Needlewielders 11:30am Brown Bag Lunch (pg. 7) 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg</p>	<p>15 12:30-4:30pm Sew Social 12:30pm Painting Open Studio</p>
<p>18 8:30am-12pm Cribbage 9:30-11am Looney Tooner Kitchen Band 12-3:00pm Pyle Bluegrass Folk Jam 1:30-5pm Clip Dart</p>	<p>19 9am-1pm Needlewielders 9:30-11am Color & Convo 10am-3pm Pinochle 11:30am \$3 Lunch (pg. 2) 1-3pm Men's Group</p>	<p>20 9am-1pm NO OPEN PAINTING STUDIO TODAY 1pm BINGO</p>	<p>21 8:30am-1pm Party Bridge 9am-1pm Needlewielders 11:30am Special Event Lunch (pg. 1) 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg</p>	<p>22 12:30-4:30pm Sew Social 12:30pm Painting Open Studio</p>
<p>25 8:30am-12pm Cribbage 9:30-11am Looney Tooner Kitchen Band 12-3:00pm Pyle Bluegrass Folk Jam</p>	<p>26 9am-1pm Needlewielders 9:30-11am Color & Convo 10am-3pm Pinochle 11:30am \$3 Lunch (pg. 2) 1-3pm Men's Group</p>	<p>27 9am-1pm Painting Open Studio 1pm BINGO</p>	<p>28 8:30am-1pm Party Bridge 9am-1pm Needlewielders 11:30am Brown Bag Lunch (pg. 7) 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg</p>	<p>29 12:30-4:30pm Sew Social 12:30pm Painting Open Studio</p>